

Hemorrhoid No More™

*The Secrets To Curing
Your **Hemorrhoids** Holistically*



**A Unique Step By Step Holistic System
Guaranteed To Eliminate Your Hemorrhoids
Permanently Giving You Lasting Freedom
From Hemorrhoids, Constipation and Other
Related Disgetive Disorders**

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Introduction

Why Hemorrhoids Are Nothing to Be Ashamed Of

I stood in the pharmacy aisle, staring at the package. Dare I pick it up and bravely head toward the counter? For just a split second I thought about stuffing it into my jacket and walking out the door. But what would be more embarrassing -- getting caught *buying* Preparation H or getting caught *stealing it*? I could see the headlines now: Local health writer turns research into crime!

I had hit a new low and I knew it. The problem wasn't money. I certainly had enough cash on hand to make this important purchase. The problem was more complicated than that: I was embarrassed to admit that I not only had hemorrhoids, but I was suffering with them and needed relief -- fast!

Why are we so ashamed to admit that yes, we have hemorrhoids? Nearly half of the population will suffer with hemorrhoids at some point of their lives, so why do we feel the need to hide our affliction?

Hemorrhoids are more common than you might think. Sit in a roomful of strangers and look around. Now consider this startling fact: nearly 80% of the

people around you have had some sort of colon rectal issue – including hemorrhoids – at some point in their lives. Unfortunately, most of them suffer in silence. That is a lot of people hiding a big pain in the butt – literally!

Hemorrhoids may be a subject not easily talked about, but that doesn't mean they are not causing a lot of unnecessary suffering. Why tolerate the pain and discomfort of hemorrhoids when there is help available? Don't let embarrassment or shame keep you from finding the relief you need and deserve.

What This Book Is About

When you picked up this book you may have thought that it was about finding relief for your hemorrhoids. Well, it isn't! Yes, we will discuss practical ways to find relief, but this book offers more than some temporary relief. Instead of using a cream or lotion to ease the discomfort you feel, wouldn't you rather put an end to your suffering once and for all?

The Hemorrhoids Book is designed to help you figure out the cause of your hemorrhoids so you can both **prevent** and **cure** them for good.

How to Find the Information You Need

Organized in an easy-to-read; easy-to-follow format, *The Hemorrhoids Book* is divided into five main sections, offering important information and practical help regarding every aspect of hemorrhoid diagnosis, prevention and treatment.

In Section One you will learn everything you need to know about hemorrhoids -- and a few things you probably never wanted to know! This section will explain what hemorrhoids are (and aren't); the differences between a hemorrhoid and a fissure; the lessons to be learned from constipation and the main causes for your discomfort.

Once you understand hemorrhoids more, section two will cover conventional treatments and surgery by delving into the signs and symptoms of external and internal hemorrhoids; risk factors; diagnostic procedures; medications and more.

For those who want to take care of their hemorrhoids on their own – or can not wait for a doctor to prescribe the right relief, Section Three will offer a 48-hour quick fix that outlines a variety of recipes for hemorrhoid care including several fast-acting ointments and cures that can be used at home.

Taking the quick-fix option a step further, Section Four offers an intensive 3-step holistic approach to freeing yourself of hemorrhoids and constipation.

- Step One talks about the dietary changes that can be used to optimize digestions and keep hemorrhoids at bay.
- Step Two discusses herbal and vitamin relief as well as the ways Traditional Chinese Medicine can be used to help the body treat hemorrhoids on its own more naturally.
- Step Three explains the importance of cleansing and detoxifying the liver in order to cure your hemorrhoids for good.
- Step Four shows you exactly how to get rid of Candida infection and the importance of flooding your system with probiotics.

In addition to these important treatment options, step five will also include discussions on the following:

- a. using stress control as a hemorrhoid preventer
- b. the importance of exercise
- c. getting enough sleep
- d. the dangers of straining and tips of training your body to use the toilet properly
- e. implementing tummy massage
- f. Thermotherapy
- g. the reasons why your posture could be causing your problem

h. habits to avoid

Of course, no discussion on hemorrhoid treatment would be complete without covering these important topics in Section Four:

- Homeopathy
- Acupuncture
- Yoga
- Inversion Therapy

To ensure that you have all of the information you need to treat your hemorrhoids, we have also included a Glossary and Links & Resources Section in the back of the book for you to use.

Why I Wrote This Book: My Story

With so many topics to write about, why choose something as difficult and embarrassing as hemorrhoids? Simple. I know how it feels to suffer from this painful condition and I wanted to put my research ability and my personal experience together to write a book that could help myself and others finally find relief. So I set out on a journey to discover anything (and everything) that I could related to hemorrhoids. While looking for my own relief I discovered much, much

more. I found a real cure. No, not just something to alleviate my symptoms for awhile, but an honest to goodness way to rid myself of hemorrhoids forever.

Now I'm going to share my newfound knowledge with you! If you are ready to leave behind the pain, discomfort and embarrassment of hemorrhoids than turn the page. There's no time to lose. Relief is waiting!



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